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Egyptian prez gets ultimatum

Military announces President Morsi has 48 hours to resolve a standoff with his opponents as protesters rally

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New Canadian citizens receive warm welcome

Canada Day.
'It's truly a great day to be Canadian'

PATRICK NGUYEN
edmonton@metronews.ca

Monday marked Canada's 146th birthday and for Ric Magdato, an immigrant from the Philippines, the day was "a dream come true."

Magdato was one of 60 people who celebrated Canada Day by receiving his Canadian citizenship at the Alberta legislature building on Monday.

"It's awesome. It feels really good to finally be a Canadian," Magdato said.

Magdato, who has been living by himself in Canada

since 2009, hopes to soon bring the rest of his family to his newly adopted country. He said the options going forward are endless.

"It's exciting, I don't know what to do now. Where do I go from here, you know?" he said with a laugh.

The ceremony commemorating the new Canadians was watched by hundreds of people, many of whom eagerly waited to congratulate their new countrymen.

"This is one of the greatest things about Canada Day," said Edmontonian Jack Lackey. "Welcoming these new people is what our great nation is all about."

Some watching the ceremony said they could not wait to get citizenship themselves one day.

"I have to wait two years,

but it will be good," said Moses Calomay, who is also from the Philippines. "Two years is no time. I will be Canadian forever."

The new class of Canadian citizens was invited to tour the legislative building after the induction ceremony.

"This is our way of literally opening our doors," said Gene Zwozdesky, speaker of the Alberta Legislative Assembly. "It's going to be a magical moment."

Monday's ceremony at the Alberta legislature was attended by hundreds of Canadians, many adorned with Canadian flags.

"I look around and see so many proud citizens here. They all watched and congratulated us," said Magdato. "It's truly a great day to be Canadian."



Edmontonian Henry Stephens celebrated Canada Day in style while reaffirming his citizenship at the Alberta legislature grounds on Monday. Stephens welcomed every new Canadian as he watched them receive their citizenship. PATRICK NGUYEN/FOR METRO

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VEHICLE HISTORY REPORTS

Fatalities

Elderly couple killed in collision

Two elderly Edmontonians died in a serious collision near Mundare over the long weekend.

Vegreville RCMP were dispatched to the accident between a tow truck and small pickup truck, shortly after 3:30 p.m. on Saturday.

A 74-year-old man and his 78-year-old wife were pronounced dead on scene. Their pickup was allegedly struck by the tow truck.

The 39-year-old driver of the tow truck was taken to Vegreville hospital with non-life-threatening injuries.

While drugs and alcohol are not believed to be factors in the collision, RCMP have not ruled out distracted driving. **METRO**

Civic election

No shortage of candidates in Ward 6

While current councillors remain the only declared candidates in several Edmonton wards, races in wards where incumbents are leaving are heating up.

Two more people have announced they are running in Ward 6, which will be left vacant as current Coun. Jane Batty is not seeking re-election this fall.

Police officer Dext Wil- liams and past candidate Adil Pirbhai bring the total number of people currently running for council in Ward 6 to seven.

Several candidates have also stepped forward in Wards 5, 10 and 11, which will all be without incumbents this fall. **METRO**



Premier Alison Redford wishes eight-month-old Leila Lemaire a happy first Canada Day at Churchill Square on Monday. ANNALISE KLINGBEIL/METRO

'We're one caring family of Albertans'

City hall. Flood efforts not far from thoughts as Edmontonians celebrate Canada Day

While wishing Edmontonians a happy Canada Day, Premier Alison Redford thanked the city for helping southern Albertan communities ravaged by the worst flood in the province's history.

Less than two weeks after the waters wreaked havoc, Redford spoke to hundreds of people, many of whom were wearing red and white, at a Canada Day ceremony at city hall on Monday.

Flood update

- Officials with the Calgary Inter-Faith Food Bank have put out the call for "critically needed" items to aid thousands displaced by flooding.
- In Calgary it's estimated 8,000 to 10,000 of the 75,000 people forced from

their homes will not be able to return for "a significant period of time."

- On Saturday some High River evacuees were allowed to walk through their doors for the first time in more than a week.

"I want to take one moment to thank people in the city of Edmonton, whether they are soldiers, employees, security officers, who've been volunteering in southern Alberta and helping so many families and communities because that's

what we are as Albertans," Redford said.

"We care about each other. We care about our communities. We're friends and we're neighbours."

Edmonton Centre MP Laurie Hawn told the flag-waving

crowd that when something bad happens, "we're one caring family of Albertans."

"I'm so proud of our province," he said.

Mayor Stephen Mandel thanked people for celebrating Canada's birthday at city hall.

"This is a marvellous city with so much opportunity, so much future," he said.

Outside city hall, hundreds of people, including many children, stripped down to their swimsuits and escaped the heat by frolicking in the Churchill Square fountain.

After speaking at the ceremony Redford made her way through the crowd, stopping to pose for photos with families.

ANNALISE KLINGBEIL/METRO

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Egypt's military standing by

'The people's demands.' Mohammed Morsi gets 48-hour ultimatum to reach agreement with his opponents or the military will intervene

Egypt's military gave a "last-chance" ultimatum on Monday to President Mohammed Morsi, giving him 48 hours to meet the demands of millions of protesters in the streets seeking his ouster, or the generals will intervene and impose their own plan for the country.

The military's statement, read on state TV, put enormous pressure on Morsi to step down. Giant crowds demanding his departure in cities around the country for a second straight day erupted into delirious parties of celebration.

But any army move against Morsi after the two-day deadline risks a backlash from Morsi's Islamist backers, including his powerful Muslim Brotherhood and hard-liners, some of whom belong to former armed militant groups.

After the army statement, multiple officials of Morsi's Muslim Brotherhood insisted that the military and street protests cannot overturn the legitimacy of the president's

election. An alliance of the Brotherhood and other Islamists read a statement at a televised press conference calling on all people "to rally in defence of legitimacy and reject any attempt to overturn it."

The army's stance also raises an unsettling prospect for many of Morsi's opponents as well — the potential return of the military that ruled Egypt directly for nearly 17 months after the fall of autocrat Hosni Mubarak.

During that time, many of those now in the anti-Morsi campaign led protests against military rule, angered by its management of the transition, including killings of protesters.

"Morsi will leave, but I'm concerned with the plan afterward. The military should be a tool to pressure, but we had a bitter experience with military ruling the country, and we don't want to repeat it," said Roshdy Khairy, a 24-year-old doctor among the throngs in Tahrir Square.

THE ASSOCIATED PRESS

Quoted

"Any coup of any kind against legitimacy will only pass over our dead bodies."

Mohammed el-Beltagi, a leading Muslim Brotherhood figure, at a rally



Egyptian women react in Cairo on Monday to the military's 48-hour ultimatum for President Mohammed Morsi and opposition leaders to reach an agreement.
AMR NABIL/THE ASSOCIATED PRESS

Alleged murder-for-hire scheme. Puerto Rican woman accused in Canadian husband's death arrested

A woman accused of hiring someone to kill her wealthy Canadian husband on the U.S. Caribbean island of Puerto Rico was arrested on Sunday in Spain after being sought for five years in the alleged murder-for-hire scheme.

Moises Quinones, the FBI's spokesman in Puerto Rico, said Aurea Vazquez Rijos was arrested by Spanish police at an airport in Madrid. The Puerto Rican suspect was taken into custody as she was getting off a flight from Italy, where she has

lived for years and gave birth to another man's twins.

Abe Anhang, the victim's father, said authorities told him that Vazquez's sister and her former husband have also been charged and arrested in Puerto Rico in connection with his son's killing in 2005.

"We're hopeful that after such a long time that justice will be done," Abe Anhang said by telephone from his home in Winnipeg. "It's been almost five years since she's been a fugitive in Italy."

After Adam Anhang's murder, Vazquez refused to co-operate with investigators and filed a civil suit against her late husband's family, seeking \$1 million in damages and millions more from his estate. A judge in Puerto Rico dismissed her suit.

Anhang, 32, was beaten and stabbed to death in a popular tourist district of the Puerto Rican capital in September 2005 as he walked with Vazquez. She sustained minor injuries in the attack.

THE ASSOCIATED PRESS

Alleged murder-for-hire

A U.S. grand jury charged Vazquez in 2008 with offering a man \$3 million to kill her husband, real estate developer and Winnipeg native Adam Anhang.

- She denied the charges but refused to co-operate with investigators and fled Puerto Rico for Italy.

Puppets4All

Palestinian show is right up Israel's Sesame Street

Puppeteers from the Israeli version of Sesame Street are protesting Israel's closure of a Palestinian puppet festival. Ariel Doron, who plays Elmo on the Israeli version of the show, created a Facebook group named Puppets4All. Israeli police shut down the Palestinian national theatre in Jerusalem last week.

THE ASSOCIATED PRESS

Statute of limitations up

Lawsuits against ex-Elmo puppeteer tossed out

A judge has tossed out three lawsuits brought by men who said former Elmo puppeteer Kevin Clash sexually abused them when they were underage. The judge said the claims came more than six years after each man reasonably should have become aware of Clash's alleged violations.

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Everybody's doing it, says Obama of EU spying claims

NSA leak. President tries to mute blowback over reported EU eavesdropping

U.S. President Barack Obama brushed aside sharp European criticism on Monday, suggesting that all nations spy on each other as the French and Germans expressed outrage over alleged U.S. eavesdropping on European Union diplomats.

American analyst-turned-leaker Edward Snowden, believed to still be at the Moscow international airport, suggesting that all nations spy on each other as the French and Germans expressed outrage over alleged U.S. eavesdropping on European Union diplomats.

A statement purportedly by Snowden and posted Monday on the Wikileaks website criticized Obama for "using citizenship as a weapon." The statement could not be independently authenticated as being from Snowden himself.

Obama, in an African news conference with Tanzanian President Jakaya Kikwete, said the U.S. would provide allies with information about new reports that the National Security

Unexpected ultimatum

"If he wants to stay here ... he must stop his activities aimed at inflicting damage on our American partners."

Russian President Vladimir Putin, on allowing Edward Snowden to stay in Russia

Agency had bugged EU offices in Washington, New York and Brussels. But he also suggested such activity by governments would hardly be unusual.

"We should stipulate that every intelligence service ... here's one thing that they're going to be doing: They're going to be trying to understand the world better," he said. "If that weren't the case, then there'd be no use for an intelligence service."

THE ASSOCIATED PRESS



Barack Obama speaks at a business forum in Dar Es Salaam, Tanzania, on Monday. THE ASSOCIATED PRESS

Same-sex marriages. Gay U.S. couple the first to receive benefits: Lawyer

A Bulgarian graduate student and his American husband became the first gay couple in the United States to have their application for immigration benefits approved after the Supreme Court ruling on same-sex marriages, their lawyer said.

The approval means Traian Popov, here on a student visa, will be able to apply for a green card, and eventually U.S. citizenship. But he won't be able

to work or visit his family back home for at least another three to six months while his application benefits are being processed. And his marriage to Julian Marsh, performed in New York, still won't be recognized in Florida where they live.

"It's unbelievable how that impacts you," Marsh said. "They make you feel ... like a second-class citizen.... And that's how I feel about Florida."

THE ASSOCIATED PRESS



Cops cool off rainbow mob

A police officer is sprayed by onlookers during the 33rd annual Pride Parade in Toronto on Sunday. Standing on garbage cans and climbing atop roofs along Toronto's Yonge Street, crowds estimated in the hundreds of thousands by Toronto police sprayed water and waved rainbow flags in celebration of what has traditionally been the largest event of its kind in the country.

MICHELLE SIU/THE CANADIAN PRESS

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City, state and nation mourn firefighters

Prescott, Ariz. Sudden shift in wind direction and speed blamed for boosting erratic blaze

As the windblown blaze suddenly swept toward them, an elite crew of firefighting "Hotshots" desperately rushed to get out their emergency shelters and take cover under the heat-resistant fabric.

By the time the flames had passed, 19 men lay dead in the United States' biggest loss of firefighters in a wildfire in 80 years.

The tragedy on Sunday evening all but wiped out the 20-member Granite Mountain Hotshots, a unit based in the small town of Prescott, local fire chief Dan Fraijo said as the last of the bodies were retrieved from the mountain. Only one member survived, and that was because he was moving the squad's truck at the time, authorities said.

The deaths plunged the town into mourning, and Arizona's governor called it "as



The wife of a firefighter who was killed hugs her father-in-law in front of Prescott Fire Station #7 on Monday.
DAVID WALLACE, THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS

dark a day I can remember" and ordered flags to half-staff.

"We are heartbroken about what happened," said U.S. President Barack Obama. He predicted the tragedy will force government leaders to answer broader questions about how they handle in-

creasingly destructive and deadly wildfires.

The lightning-sparked fire — which had exploded to some 34 square kilometres by Monday morning — destroyed about 50 homes and threatened 250 others in and around Yarnell, a town of 700 people in the mountains

about 137 kilometres northwest of Phoenix, the Yavapai County Sheriff's Department said.

Residents huddled in shelters and restaurants, watching their homes burn on TV as flames lit up the night sky in the forest above the town.

It was unclear exactly

Gambit for survival

- As a last resort, Hotshot crews are trained to dig into the ground and get under a tent-like shelter made of fire-resistant material.
- All 19 victims had deployed their shelters, according to Arizona Forestry Division spokesman Mike Reichling.
- Some of the firefighters were found inside them, while others were found outside the shelters.
- The hope in that desperate situation is that the fire will burn over them.



The Granite Mountain Hotshots practise setting up emergency shelters near Prescott, Ariz., in 2012. CONNOR RADNOVICH, CRONKITE NEWS FILE/THE ASSOCIATED PRESS

how the firefighters became trapped. Southwest incident team leader Clay Templin said the crew and its commanders were following safety protocols, and it appears the fire's erratic nature simply overwhelmed them.

Brian Klimowski, meteorologist in charge of the Na-

tional Weather Service's Flagstaff office, said there was a sudden increase and shift in wind around the time of the tragedy. It's not known how powerful the winds were, but they were enough to cause the fire to grow to about 800 hectares from 80 in a matter of hours. **THE ASSOCIATED PRESS**

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Debit-card fees

McDonald's franchise offers more payroll options after suit

A McDonald's franchise in Pennsylvania promised to give employees more payment options after it was sued by a former employee who said she was charged a fee to access her wages from a debit card.

Employees of 16 McDonald's restaurants in northeastern Pennsylvania will be given the option of getting paid via direct deposit or paper cheque, company spokeswoman Christina Mueller-Curran said Monday. They'll also continue to have the ability to use payroll cards.

In her lawsuit, ex-employee Natalie Gunshannon said she was charged \$1.50 to withdraw cash. The lawsuit focused attention on the practice of paying low-wage employees via debit cards that can be laden with fees. **THE ASSOCIATED PRESS**

Digital copyright. Court puts off class-action decision in Google book-scanning fight

A U.S. federal appeals court in New York says it is too early for authors to be considered as a group in litigation challenging Google Inc.'s plan to create the world's largest digital library.

The 2nd U.S. Circuit Court of Appeals said in a ruling Monday that a judge must consider fair-use issues before deciding whether to consider authors as a class. The court says neither side will be harmed by a delay in

deciding whether the Authors Guild can represent all writers.

So far, Google has copied more than 20 million books. The three-judge appeals panel that heard arguments earlier this year seemed reluctant to get in the way of the plans.

One judge said it would be a "huge advantage" for many authors while another said it would have "enormous societal benefit." **THE ASSOCIATED PRESS**



A staff member at the University of Michigan's Buhr Shelving Facility stands amid 2.4 million books scheduled to be digitized in this 2004 file photo. A legal battle over Google's book-scanning project has been prolonged by a U.S. federal appeals court. **THE DETROIT NEWS/THE ASSOCIATED PRESS FILE**



Mark Carney, the new governor of the Bank of England, attends a briefing with officials on his first day on the job inside the central bank's headquarters in London on Monday. **JASON ALDEN/POOL/THE ASSOCIATED PRESS**

It's Canada's day at the Bank of England

Auspicious start date. Mark Carney kicks off new job in London amid high expectations

Canadian Mark Carney, the first non-Brit to run the Bank of England in its 319-year history, has started work amid hopes

that he can help revive the economy.

Carney beamed as he arrived by Underground before 7 a.m. on Monday. Looming on his agenda is a Monetary Policy Committee later this week. The nine committee members will discuss whether to expand a stimulus plan that has pumped about \$600 billion into the economy since 2009.

The economy is still struggling. It grew just 0.3 per cent in the first quarter this year compared with the previous quarter.

The 48-year-old former governor of the Bank of Canada has been lauded for steering Canada through the 2008 financial crisis and for overseeing the fastest recovery of any G8 country. **THE ASSOCIATED PRESS**

Online budget consultations flop

A federal experiment in digital democracy has flopped, with critics saying it was never anything more than a gimmick in the first place.

Since 2006, Finance Minister Jim Flaherty has conducted annual pre-budget consultations with Canadians via the web, asking for electronic input into the country's fiscal blueprint.

In launching so-called e-consultations when the Conservatives first came to power more than seven years ago, Flaherty said the "new govern-

Quoted

"This is sort of a way to create the illusion of reaching out or encouraging some sort of democratic intercourse. It's very disingenuous."

Jason Lacharite, political science professor, University of Northern British Columbia in Prince George

ment is taking accountability and openness to a higher level."

But the online consultations never drew more than 7,760 submissions, at their peak in 2007. The response rate has fallen sharply since then, with the exception of the round leading to the pivotal Jan. 27, 2009, budget, designed to respond to the global meltdown and recession. The number of submissions hit 7,421 for that year.

And the latest round for the 2013 budget attracted a paltry 642, the second-lowest after the 600 received for budget 2010. **THE CANADIAN PRESS**



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BREAKING BREAD OR DEAL-BREAKING?

People are funny about food: They can be picky or paranoid or entirely self-righteous about the types of things they put in their mouths and the manner in which they do it. It helps when we find a partner who complements our own eating habits, or at least someone who doesn't make a big deal about our neuroses.

Partners can influence each other's dietary preferences, for better or worse. My health-conscious boyfriend has turned me into a person who always orders a vegetable side dish so that I have something green at every meal. In turn, I introduced him to the concept of brunch. But while it might be nice to encourage each other to embrace better nutrition or be more adventurous with our palates, some extreme-eating



SHE SAYS

Jessica Napier

metronews.ca

habits are hard to handle.

Could a carnivorous meat lover ever successfully date a vegetarian? What about a vegan? And how long would any of us last with an obsessive carbohydrate-phobic calorie counter?

At what point does one's food preferences become a relationship deal-breaker?

Our attitudes about what we eat can change and evolve, but culinary choices also reflect the types of lifestyles we want to lead. Food can be ideological, and sometimes people can become fanatical about preaching their dietary dogma at the dinner table. Anyone who has ever suffered through a meal with a "Paleo" dieter or a Weight Watchers acolyte understands how annoying this can be. Don't get me wrong: It's not that I don't applaud efforts to lose weight or become healthy.

I just don't want to hear a sanctimonious speech about how many "points" are in a slice of cheesecake as I'm ordering it.

When it comes to dietary habits, there has to be some common ground. You might think it shallow to place so much value on food preferences — it's just caloric energy, after all — but if he's all kale and quinoa and your heart pines for processed-cheese slices and red meat, it's going to be a lot harder to make it work.

Culinary compatibility might not be the most important thing when it comes to searching for a long-term life partner, but it's definitely a nice bonus. Sharing a nice meal together is one of my favourite activities, and it's just so much more satisfying when both parties can agree on a restaurant choice. Then again, Jack Sprat could eat no fat and he and his wife found a way to make it work.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Celebrity facemash



Mashup photography

Recognize these famous faces?

Marc Ghali has a knack for spotting look-alikes from history. In his series Then and Now, the Toronto-based graphic designer combines the faces of celebrities to create striking mashups of Princess Diana and Kate Middleton, and Malcolm X and Barack Obama, among others.

Q&A

"Like solving a human puzzle"

MARC GHALI

Freelance designer/media content manager, 30, from Toronto

How would you describe your photos?

I would use just one word: Juxtapose.

It must have taken you a

long time to find similar celebs and compositions in the original photos.

It took hours of research, trial and error. It was like solving a human puzzle. I had several ideas of how to fit the pieces together, but at times it became difficult.

These pictures suggest that the doppelgängers share and take on each other's personal identities ...

People naturally have a tendency to compare public figures to their historical equivalents, in music, sports, entertainment and politics. The last great person to do anything is always a measuring stick for the ones who follow. I think doing it visually creates a stronger emotional reaction and allows you to challenge your thinking.

METRO WORLD NEWS

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Music and audiobooks are all well and good, but sometimes the daily commute, stroll or bubble bath can be the perfect opportunity just to learn something. Here are a few philosophy podcasts to help expand your horizons. Or just leave you baffled.

Point of Inquiry:

Journalist Chris Mooney and neuroscientist Indre Viskontas welcome a revolving door of very smart guests such as Mary Roach and Neil deGrasse Tyson to talk ethics, philosophy and science from a skeptic's point of view.

John Locke Lectures:

Held every year at Oxford University, the John Locke Lectures consist of six-part stem-winders that have been delivered by some of the world's most distinguished academics. Sadly, the audio lives up to the name because it sounds very much like a lecture hall. But the wide range of topics available in the iTunes archive is fascinating.



There's a vast range of topics available in the iTunes archive of the John Locke Lectures held every year at Oxford University. GETTY IMAGES

In Our Time:

While it may be unfair to call this BBC institution a philosophy show, Melvyn Bragg's panel series covers every conceivable aspect of science and history, including great works and those who wrote them.



Twitter

@BrentButt: HAPPY CANADA DAY! Gonna throw a couple pucks on the BBQ, tip back a few rye'n'maplesyrups, and just relax around the igloo cranking RUSH.

@Cmdr_Hadfield 7h: Punctuation optional, prideful bemusement pervasive. "@stephenfry: Oh,Canada!"

Oh!! Canada? Oh CANADA! Oh? Canada... etc #CanadaDay"

@TypeACubed: Peanut Butter, wonderbra, bag tags etc >> 19 Things You Might Not Know Were Invented in Canada <http://zite.to/1b1PBtf> via @zite

@PMJAMacdonald: Another annexation-free year is complete! Happy Dominion Day everybody!

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

DVD Reviews

56Up

Stars. Michael Apter
Directors. Michael Apter,
Paul Almond

The good news about 56 Up, the latest in Michael Apter's septennial life assessments: the series' 13 well-scrutinized participants are all still alive and mostly content. The bad news: what they're doing isn't all that interesting. More than ever in this seventh edition, the Up people seem to be living bland lives of quiet desperation. One exception is Liverpudlian Neil Hughes, the lost soul of the Up brigade. He's struggled through ups and downs that left him homeless at 28 and still restless at 56.

I Declare War

Stars. Siam Yu, Gage Munroe
Directors. Jason Lapeyre



I Declare War zips along like bullets fired from a child's machine gun. Reactions are equally kinetic, as we try to figure out if we're watching reality or fantasy. It's about a game of neighbourhood Capture the Flag staged by military-minded kids, all about age 13, that turns deadly serious. It may also turn physically deadly, because we see them using what appear to be real guns, grenades and rough instruments of torture. We only hope that the kids are engaged in a violent fantasy. **PETER HOWELL**

How Mrs. Funbags made a comedy

On-set antics. With playful Sam Rockwell and ad-lib inclined directors and writers, Maya Rudolph had lots of fun making The Way, Way Back

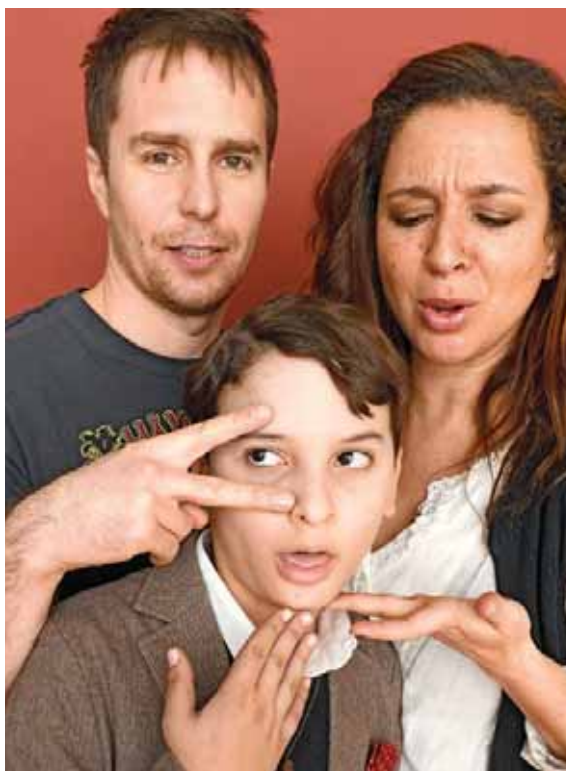
NED EHRBAR
Metro World News in Hollywood

Maya Rudolph has learned to be careful about giving herself a nickname around Sam Rockwell, as he apparently would not stop working one particular moniker into conversation during interviews for The Way, Way Back, their new comedy.

"I referred to myself earlier in the afternoon as Mrs. Funbags, and it has not seemed to cease — which by the way, I'm very happy about it," she says. "Not to mention it came out of my mouth. But I'm enjoying it. I hope when we're 80 I am known as Funbags."

Goofing off comes naturally. Most of the adult cast of The Way, Way Back — including Rockwell, Steve Carell, Allison Janney, Rob Corddry, Amanda Peet and Toni Collette — have backgrounds in improvisation, which was handy since co-writers and directors Nat Faxon and Jim Rash are big improvisers themselves.

"It's more just like a natural part of Jim and Nat, so I knew it would come out here and there," Rudolph says.



Sam Rockwell, left, Liam James and Maya Rudolph in The Way Way Back. GETTY IMAGES

"But it wasn't necessarily like a Waiting for Guffman, like a completely improvised movie — although that would be fun, too. It's just a natural ... weapon. You bust it out. It's like nunchuks. I always carry nunchuks."

Yes, she insists, comedy is a weapon. "Sometimes a delicate weapon."

Rudolph and her co-stars speak fondly of their experience filming The Way, Way Back, which is understand-

able since the film — set during summer vacation in a Massachusetts beach town — was also filmed during summer vacation in a Massachusetts beach town.

"It was rough, getting paid to eat lobster rolls," Rudolph offers. "Yeah, New England summer is really pretty idyllic. Especially being there for the Fourth of July and being there with friends. (Faxon and Rash) wanted this experience to be what sum-

Teen in the mix

Old helping the young.

The Way, Way Back is a coming-of-age story for its 14-year-old protagonist, Duncan (Liam James), and on the set of the film James — who was 15 during the shoot — had an impressive handful of adult actors to help him come of age himself. At least Maya Rudolph tried to keep it clean.

Maya Rudolph's method.

"We got into some stupid (iPhone) apps. That was my contribution to his youth, I introduced him to stupid apps," she says of her time goofing off with James. "There was a photo one, maybe it was OldBooth. I always turn people on to OldBooth. It's the one where you can stick your face into an old high school photo — like '50s, '60s portraits — and then you have, like, a crazy afro. It's really enjoyable and it's G-rated."

mers growing up on the East Coast were supposed to be. You really felt that the whole time we were making it.

"I think East Coast people — New Englanders especially — really appreciate summer. They don't take it for granted like we do out (in California). It's like, 'Let's do this! It's time to get wet and burned and eats some stuff.' And then it's going to get cold again."

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Cinema Review



Despicable Me II

Stars. Steve Carell, Kristen Wiig

Directors. Pierre Coffin, Chris Renaud

• • • • •

Despite the humdrum story *Despicable Me 2* is great fun. Former villain Gru (Steve Carell) is now a doting single father lured back into the life, but this time working for the

Anti Villain League with partner (and love interest) Lucy (Kristen Wiig). The predictable plot could have written itself, but the inventive gags contained within are the reason to take the whole family. The Minions—Gru's yellow, jellybean shaped helpers—are back, spicing up the movie with their own special kind of anarchy. They're fun, frivolous and worth the extra few bucks to enjoy in 3D.

RICHARD CROUSE

Comics. Sandman returns under the skilled hand of Neil Gaiman

The *Sandman* is returning to Vertigo comics under the influence of writer Neil Gaiman.

Shelly Bond, executive editor of the imprint of DC Entertainment, said Monday that Gaiman is working with artist J.H. Williams III to tell stories of Morpheus' world before he was captured. Titled *The Sandman: Overture*, the new series will appear bi-monthly starting Oct.

30 in comic shops and digitally, too. Gaiman last penned stories in the realm of the *Endless* more than a decade ago. His original telling of *Sandman* has sold more than seven million copies in nine languages. DC Entertainment president Diane Nelson called the return to the "lush, evocative world" Gaiman created with *Sandman* "a literary event." **THE ASSOCIATED PRESS**

Box Office news

\$40M ladies bring The Heat on Foxx, Tatum's White House Down

Sandra Bullock and Melissa McCarthy brought *The Heat* against Channing Tatum and Jamie Foxx at the box office. The action-comedy about mismatched detectives earned \$40 million in its opening weekend, top-

ping the \$25.7M debut haul of Foxx and Tatum's *White House Down*. The Disney-Pixar animated prequel *Monsters University* remained box-office valedictorian in its second weekend, earning \$46.1 million in first place. As for *The Heat*, employing two female leads to buck the male-dominated buddy-cop formula paid off in ticket sales. **THE ASSOCIATED PRESS**

Tagged in the wrong photos this long weekend?
We have plenty of new job postings this week.

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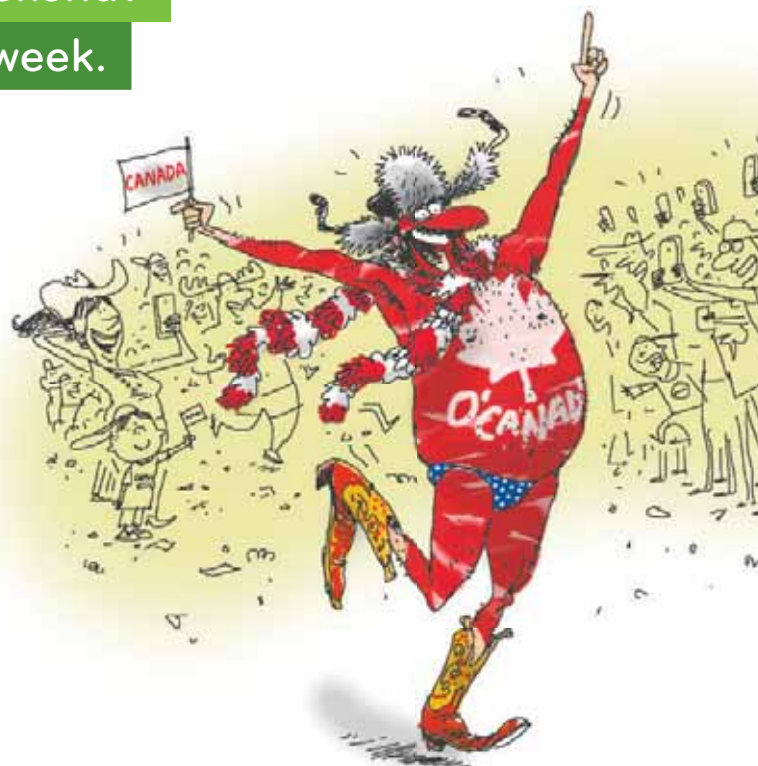
What happened on the long weekend should probably have stayed there. If it didn't, we've got you covered with the most jobs from Canada's top employers. It's what makes Workopolis Canada's number one job site.

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WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending May 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.





Paula Deen

Don't lose your appetite: Deen's buns requested outside of the kitchen

Know what's grosser than watching Paula Deen slather her food with butter and grease? Watching Paula Deen slather her naked body with butter and grease. We're sincerely hoping that the disgraced food empire queen doesn't accept a recent job offer she reportedly just received from a porn site. If Paula Deen accepts a job offer from a porn

site, we're cancelling the Internet.

According to TMZ, an adult website called PureMature.com (it specializes in geriatric sexy times) sent Deen a letter offering her a six-figure (seriously?) gig. In said letter, Deen was praised as their ideal star: "Full figured or thin, arthritic or diabetic ... you embody our perfect spokesperson."

Ace of hearts: Stork brings baby boy for Simpson

Jessica Simpson's daughter has a new playmate — a baby brother named Ace.

Simpson's rep confirmed that the entertainer gave birth to Ace Knute in Los Angeles on Sunday via planned C-section. The details were first reported by Us Weekly.

This is the second child for

Simpson and her fiancé, Eric Johnson. Simpson gave birth to daughter Maxwell last year.

Simpson, who got her start as a singer and has a successful apparel and accessories line, most recently appeared on NBC's Fashion Star.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week



Kardashian conspiracies and boy band beatdowns



STARGAZING
Malene Arpe
scene@metronews.ca

• **Singer Aaron Carter**, brother of Backstreet Boys' Nick Carter, claims he got beat up in Boston by grown men yelling, "this is the town of the New Kids." You'd think the Wahlbergs would have better things to do.

• **Jim Carrey** says he cannot in good conscience support his new movie Kick-Ass 2 due to the level of violence. In unrelated news, Will Smith admits he can no longer support After Earth due to the level of terrible.

• **Arnold Schwarzenegger** will play a leading role in an upcoming zombie movie. Possible tag lines include:

- 1) "Hasta gnaw vista, baby."
- 2) "If it bleeds, we can eat it."
- 3) "Put that brain down. Now."
- 4) "It's not a tumour. But if it is, I'll eat that too."
- 5) "Consider cat a first course."
- 6) "I'll be snack."

• **Kim Kardashian** reportedly mails her friends some photos of a random baby in a clever attempt to find out who of them might try to sell the pictures. Coming up next week on Solving Pre-Crime With The Kardashians: Who will steal Kris's new wig? What are the spies living in Bruce Jenner's car looking for? If every family member wears a mask resembling another family member and then rob a bank, will that make them more or less creepy?



Jennifer Lopez

Lopez loses cred for crooning to infamous dictator

Jennifer Lopez is under fire for performing a private show in the former Soviet bloc country of Turkmenistan (including a rendition of Happy Birthday, Mr. President) for the country's leader, Gurbanguly Berdimuhamedow — who is apparently not a cool guy.

And by not a cool guy, we mean that Human Rights Watch have named him as being "among the most repressive (leaders) in the world" and that he's known for rampantly violating human rights and torturing people.

Twitter



@rickygervais

If you go to church today, pray that I have a great day, take the piss on Twitter & get drunk on champagne tonight. I bet it works.



@lenadunham

Pretty sure whoever had my phone number before me led telemarketers on and made them think they wanted it.



@MileyCyrus

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3
LIFE

How to fix your metabolism

Food. Nutritionist Haylie Pomroy's bestselling The Fast Metabolism Diet claims to trigger weight loss by rotation of food groups — she even lets you eat carbs. Yep, carbs.

ROMINA
MCGUINNESS
wellness@metronews.ca

"A high-protein, low-fat, low-carbohydrate diet will just slow your body down," warns J.Lo's nutritionist Haylie Pomroy, author of The Fast Metabolism Diet, a 28-day program designed to heal broken mechanisms in the body.

The plan requires you to

eat three different ways a week, for four weeks.

And it claims it could help you lose up to 20 pounds in that time.

"The systematic rotation of targeted foods on specific days and at strategic times will help your body become more efficient at converting food into energy, which is basically what your metabolism is," she explains.

When on the diet you must

1 Eat 5 times a day: 2 snacks & 3 meals

2 Eat every 3 to 4 hours when awake

3 Eat within 30 minutes of waking

4 Stay on the plan for the full 28 days

5 Stick to the foods allowed in each phase

6 Drink half of your body weight in ounces of water, every day



Day 1&2: Phase 1

HIGH CARB + LOW FAT + MODERATE PROTEIN = UNWIND STRESS

"The first thing we need to do is calm the body down and we do so by flooding it with tons of easily accessible nutrients. When we're under a lot of biological stress such as weight gain, we tend to crave junk food as the quick infusion of sugar is very soothing," Pomroy tells Metro.

In this phase, you get to eat plenty of natural sugars (found in complex carbohydrates and high-glycemic fruit and vegetables) to stimulate the endorphins in your brain and help pull your body out of an adrenal crisis.

"However, we keep our protein and fat intake very low, as getting energy out of them requires a lot of effort," she adds.

FOOD LIST

Sweet potato, kale, pineapples, cherries, mangos, brown rice, speltz pretzels, corned beef

DAY 3&4: Phase 2

HIGH PROTEIN + LOW CARB + LOW FAT = UNLOCK FAT STORES

Here, the focus is on lean proteins and high fibre vegetables that will push your metabolism to lay down muscle and access fat for fuel.

"Muscle is built from amino acids, which come from the breakdown of consumed protein. But in order to metabolize protein in the first place, your body needs the nutrients from fat," says Pomroy.

And assuming we provided very little of it in phase one, the only place to go is your own fat stores.

"Many high protein diets cause your body to become very acidic, which can trigger inflammation, bad digestion and pain. So we balance that with tons of alkalizing vegetables to regulate the body's PH and make the protein easier to digest," she adds.

FOOD LIST

Asparagus, oysters, chicken, salmon, egg whites, Tabasco, lemons, raw cacao powder.



DAY 5-7: Phase 3

UNLEASH THE BURN: HIGH FAT + LOW CARB + LOW PROTEIN = THE BURN

"All week, we've been supplying our bodies with nutrients from carbs, green vegetables and lean protein and in the absence of dietary fat, the body has turned to its own stores in order to build muscle. We now make the fats really high because ironically, eating fat after not eating it for a few days makes you burn it like crazy. This is an intense phase in the sense that we're asking our body to be super efficient at converting fat into fuel," explains Pomroy.

This is why we then go right back to phase one, where nutrients from food are once again easy to access. Repeat this three-phase cycle for 28 days.

FOOD LIST

Avocados, coconut, cranberries, eggs, pistachios, olive oil, pecans, hummus.

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It's a slippery slope, not all the cooking oils are created equal

Health options.

Weight loss author walks you through the best oils to use and dispels myths when it comes to the kitchen

LINDA CLARKE

Metro World News

With so many cooking oils on store shelves, which is the best for you?

Registered dietician Marla Heller, author of *The DASH Diet Weight Loss Solution* and *The Everyday Dash Diet Cookbook*, gave us the slick truth.

Olive oil

"I always go with what's been proven over periods of time,"



Get informed about using cooking oils. ISTOCK PHOTOS

Heller says. "In the Mediterranean, there are lower rates of heart disease and breast cancer, and they use olive oil. It's monounsaturated — the kind that's healthiest."

The wonder pour's only

caveat?

"It shouldn't be heated to high temperatures," she says.

Soy, corn and canola oil

"These can be used for higher-temperature cooking, and are

neutral-tasting oils, so they're good for baking," Heller says.

But don't go crazy.

"You don't want to use these too often because they're high in Omega 6, which is a polyunsaturated

More from Heller

On some popular oil supplements.

- **Flaxseed.** Not so fast, she says. "I'm a fence-sitter on flax. It is high in alpha-linolenic acid, which is essential for health and is

anti-inflammatory. But the body isn't going to convert as much ALA from flax as it is from fish oils."

- **Evening primrose.** Used as a supplement, "It has proven to have benefits."

oil and is thought to raise inflammation. (Inflammation) is behind so many diseases, including heart disease."

Sunflower oil

"This is high in polyunsaturated fats, which in the 1970s were thought to be healthy," she says. "Polyunsaturated do lower blood cholesterol, but the thinking now is that they potentially increase inflammation. Personally, I'm

skeptical."

Coconut oil

"There's been a lot of hype about it over the past few years," Heller says. "It has a high level of saturated fat. Places where it's used as a main source for cooking have a higher level of obesity, diabetes and heart disease. I think it can be problematic for people with high cholesterol."

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When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.
2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.
3. Choose one that is cold temperature micro-filtered. This ensures the highest quality and biological value.
4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe

- 1 cup water or coconut water
- 1 scoop of Absolute Whey protein powder (or 2 tbsp.)
- 1 tbsp. chia seeds
- 1/4 tsp. matcha green tea powder or 1/4 tsp. spirulina powder
- 1/4 cup fresh blueberries
- 1/2 banana
- 1/4 tsp. cinnamon
- handful of kale
- * Toss all of the ingredients into a blender and blend until smooth and creamy



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Grilling: not just for carnivores

1. Heat a grill to medium-high.

2. Place tomatoes on large sheet of heavy duty foil. Drizzle with olive oil, then sprinkle with salt and pepper. Fold up edges of foil to create packet, then set on grill. Drizzle onion slices with oil, then add those to grill. Grill, covered, 10 minutes, or until the tomatoes begin to break down. Carefully turn on-

Ingredients

- 2 pints cherry tomatoes
- Olive oil
- Kosher salt and ground black pepper
- 1 medium red onion, thickly sliced
- 1 loaf (about 19 oz) sourdough bread, cut or torn into 2-inch chunks
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 cup shaved Parmesan cheese
- 4 cloves garlic, minced
- Zest and juice of 1 lemon
- Zest and juice of 1 lime
- 1 cup fresh basil leaves
- 1 cup baby arugula



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

ions once during cooking.

3. Once tomatoes and onions are done, remove from grill and set aside. Leave foil packet wrapped shut. Leave grill on.

4. Place bread in large bowl. Drizzle with olive oil, then sprinkle with garlic powder and smoked paprika. Toss well

to coat, then use tongs to place the bread on the grill. Cook, turning the bread pieces often, until lightly toasted, about 5 to 7 minutes. Return bread to the bowl. Add Parmesan and toss well until melted. Add the garlic and lemon zest and lime zest, then toss again.

5. Divide the bread mixture

between 6 serving plates. Open foil packet of tomatoes and spoon some mix and their juices over each plate. Divide the onions between the plates. Drizzle each serving with a bit of the lemon and lime juice and top with basil and arugula. Season with salt and pepper.

THE ASSOCIATED PRESS

Side Dish. Fried Green Tomatoes

The recipe ticks fairly close to tradition but adds a fascinating modern ingredient: panko.

1. Bring pot of water to a boil. Fill a bowl with ice water.

2. In a tall pot, pour at least

2 inches of oil. The pot must be no more than half full. Set the pan over medium-high and heat the oil to 390 F (200 C).

3. Use a paring knife to cut the core out of each tomato.

4. Once water is boiling, add tomatoes and blanch 1 minute. Use a slotted spoon to transfer the tomatoes to the ice water. When cool enough to handle, remove the tomatoes and peel away the skins. Cut each tomato into slices 1/4 inch thick.

Ingredients

- Canola oil, as needed for deep-frying
- 2 medium green tomatoes
- 5/8 cup (100 grams) cornmeal
- 1/3 cup (25 grams) panko bread crumbs
- 1/2 tsp ground black pepper
- 1/4 tsp cayenne pepper
- 1/4 cup cultured buttermilk
- 1/4 cup (2 eggs) blended whole eggs
- Salt, to taste

5. In a wide, shallow bowl mix the cornmeal, panko,

black pepper and cayenne. In a second wide, shallow bowl, whisk buttermilk and eggs.

6. Dredge the tomato slices first through the buttermilk mixture, then the panko mixture to thoroughly coat them.

7. When oil has reached 390 F, working in batches of 3 slices, carefully fry the tomatoes for 2 minutes, or until golden brown. Use a slotted spoon to transfer the tomatoes to a paper towel-lined plate and season with salt.

THE ASSOCIATED PRESS

Health Solutions

Watered down



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

You know you are supposed to drink the darned stuff but water is so boring!

The myth that you need eight glasses each day is a bit arbitrary. Much depends upon how efficient your cooling system is (as in how sweaty you are) and some depends upon how much high water content (as in fruits and vegetables) foods you eat. Then there is how dry or moist your environment is and your fitness level.

That's way too many factors to pin a number, like eight, on. The bottom line is you have to check your pee. (Get it? Bottom line! What's a day without potty humour?) You want to drink enough to be sure it is as clear and uncoloured as possible.



Here are some ways to spruce up your water so it tastes better so you drink the stuff.

- Harvest spruce, pine or fir tips as they are pale green shoots. Crush three or four with a rolling pin and add to a pitcher of water. Let stand in the fridge at least an hour for a bright, lemony zing.

- Cucumber and lemon add a subtle, refreshing flavour to a pitcher of water. Simply slice and refrigerate.

- Herbal tea can be no cal and just as fabulous cold.
- Apple slices, cinnamon sticks and allspice buds can be topped with a pot of boiling water and then cooled in the fridge.

- Freeze any leftover berries in ice cubes and add to a glass of water.

- Sumac drupes can be soaked in a pot of water, filtered and refrigerated.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Delivery-room dads: Accessory or necessity?

Trend. Men used to be kept well away from the delivery room. Now, they're guilt-tripped if they're absent during birth. Experts tell Metro why there's no real need for your partner to see you push.

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

When rapper Kanye West let slip that he may not be in the delivery room when his girlfriend, reality TV star Kim Kardashian, gave birth, because "he's very squeamish and doesn't want to be around blood," fans were quick to judge. One comment on Yahoo.com, read, "That dude weak as #@%\$. Studio gangsters these days."

Their baby girl was born on June 15th, five weeks early, and rumour is, he was there. But does a man need to be in the delivery room?

Men and the pressure

These days, dads are under a lot of pressure to be more involved in general, Dean Beaumont, author of *The Expectant Dad's Handbook*, tells Metro: "Society has changed to a point that they're expected to be present during childbirth."

Lucy Jolin, spokesperson

for the Birth Trauma Association and mother of two, believes that it should be up to the couple to decide whether or not the man should be by a woman's side, but that ultimately, the father's presence isn't imperative.


"Obviously, the woman has to be happy with her partner not being there — otherwise, it's resentment. In many cases, the partner is very happy to be. But in some cases, that person may feel very uncomfortable. What you witness is someone that you love in a great

labouring woman is very vulnerable, and once she picks up on her partner's fear, she'll worry and produce her own surge of adrenalin, which will then stall her labour," he explains.

The optimal birth: + trust = - stress

"What we want in the delivery room is a woman who is happy and relaxed. She can't be worrying about her partner passing out or

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deal of pain and sometimes it can be extremely bloody and disgusting. If a man is squeamish, you can't laugh that off," she says.

The hormones of labour and birth

If a man feels very strongly that he doesn't want to be there, and knows he will panic, then he could be more of a hindrance than a help. "It's best for him to stay away because otherwise he's effectively bringing the adrenalin into the delivery room, which could be detrimental to the birth," warns Beaumont. To explain why, we need to take a look at the physiology of birth.

"The birth hormone, oxytocin, is what gets the contractions going. But the enemy to oxytocin is adrenalin, a hormone produced by fear. So when you hear people talk about birth stalling or slowing, what normally is the case is that they've had a surge of adrenalin. This is because a

throwing up.

"It's better to be on your own than with someone who doesn't want to be there," says Jolin. But sometimes it's a physical necessity to have someone else there should the birth not go to plan.

"The mother may be unconscious or under heavy painkillers and in that case, she needs to be with someone she trusts. If that's not the man, it can be a close friend, a relative or a doula," she adds.

And ... the baby?

Will the baby sense if the father isn't there? Absolutely not, says Jolin. "Up until not so long ago, fathers were kept well away from the delivery room. It's not hugely damaging."

Beaumont agrees, "A baby's head coming through your wife's vagina can be quite extreme. You can be in the room, but there's no need for you to physically watch the birth."

Transit etiquette

Don't be a seat hog



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

It came to my attention recently via a newswire article that the Boston Public Transit system has started a new campaign directed at their riders about etiquette toward both their fellow passengers and employees of the public transportation system.

Through a series of ads, their "Courtesy Campaign" uses wild animals to help demonstrate good manners. Examples include:

1. Parrots demonstrate

the important rule, "Don't Squawk on the phone."

2. A bug infested seat illustrates the phrase, "Don't be a littler bug."

3. A group of elephants spraying water from their trunks reminds us of the important rule, "Don't spread germs."

And finally my favourite is the all-important lesson, "Don't hog a seat" with a beautiful group of pigs sitting inappropriately on numerous seats inside of a bus. Remember it takes as much effort to be rude as it does to be polite and respectful of others.

Does your public transit in your area need to perhaps consider such a campaign? Email me at askcharlesthebutler@metro.ca



You can keep it Sexy, but follow the rules

It's no secret that overly sexual text messages can turn off a once-promising romantic partner — the opposite of what the texter was hoping to achieve.

When texts get too sexy too fast — it can be kinda creepy. To keep you from making this mistake, here are three simple rules from Amber Madison, a Manhattan-based relationship expert and dating coach, to keep your texting in line.

Face to face

"If you have not met a person in real life, don't sext them. Understandably, you want to be flirty if you're messaging someone from a dating site. But getting sexual in your messages is way too presumptuous for someone you haven't met in person and you're not even sure you're attracted to. (More importantly, they may not be sure if they're attracted to you.)"

Do it first

"If you haven't done it in real life, don't text about it. So, you went on a few dates and made out a little bit — awesome. But, that doesn't give you the right to start texting about how you can't wait to get them naked and in bed. The time to propose sexual activity is in person, not via a cellphone.

"It's presumptuous to share your sex fantasies with someone who may not want to be having sex with you."

Cage your snake, boys



Not everyone appreciates sexting.

ISTOCK IMAGES

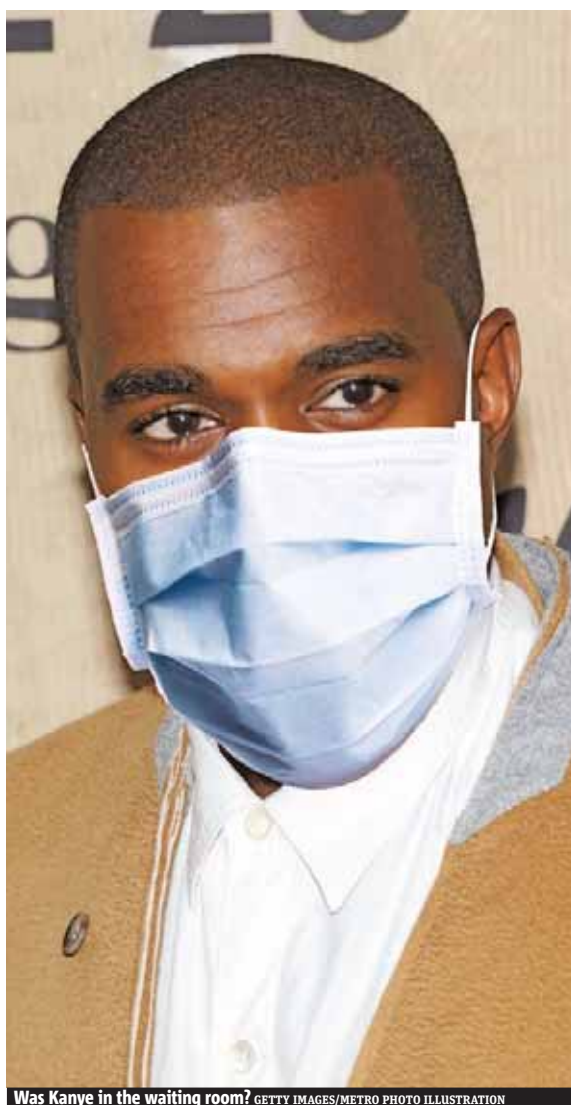
"Function under the assumption that she doesn't want a dick pic sent to her. Guys: Your junk is impressive, I'm sure.

"But we don't want a picture of it. We don't care how big, pierced, tattooed, well-groomed or whatever it is.

"If you're super fit and you want to send a topless pic, that's a little braggish, though at least it's hot." **METRO**

iSext

Mashable.com has reported that market research firm Harris Interactive recently published a survey that showed an average of 26 per cent of adults use their smartphones to spice things up.



Was Kanye in the waiting room? GETTY IMAGES/METRO PHOTO ILLUSTRATION



Eighty-five per cent of those who bought a home in the past 18 months locked into a fixed-rate mortgage. ISTOCK IMAGES

A lesson in fixed vs. variable rate mortgages



YOUR MONEY
Alison Griffiths
money@metronews.ca

It's the talk of the town once again. Interest rates. Savers are praying for an increase while those in debt have their fingers tightly crossed that any rise will come oh so slowly.

The big issue for most is the mortgage. Variable used to win hands down over fixed rate when it came to saving money.

But as five year fixed rates sunk below three per cent and the spread between fixed and variable rates shrunk to less than 40 basis points or 0.4 per cent, locking in has been a no brainer. There is little point in taking on the additional risk of a rate rise for less than half a per cent.

Based on the Canadian Association of Accredited

Mortgage Professionals' recent survey, 85 per cent of those who bought a home in the past 18 months locked in, compared to 69 per cent of existing mortgage holders. The appeal of the fixed rate will only grow with the flurry of talk about impending interest rate increases.

Already a number of lenders have nudged their five-year rate over three per cent. This could signal that the variable rate mortgage may start to become more appealing as the difference between it and the fixed rate widens.

According to canadian-mortgagetrends.com, consumer interest in variable rates increases when the spread between them and fixed rates is 100 basis points or one per cent.

It is easy to see why. Paying one per cent less on a \$200,000 mortgage keeps about \$2,000 after tax dollars in your pocket in the

In numbers

20

On average, Canadians expect to pay off their mortgages in 20 years.

first year and saves nearly \$32,000 in interest costs over a 25-year amortization.

Canadians choosing a fixed rate can enjoy the benefits of a variable rate simply by paying a bit more monthly. On a \$200,000 mortgage an extra \$50 cuts two years off the life of the mortgage and saves nearly \$7,000 in interest costs. Or, make a lump sum payment, amounting to the average tax refund of \$1,500, and the mortgage is gone in 21 years with interest savings of nearly \$15,500.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



A mutual understanding about funds

A recent study by two highly respected research firms shows that owning mutual funds costs about the same in Canada and the U.S. In both countries, the cost (excluding taxes) is around two per cent.

This research is significant. In the past, comparisons between the two countries did not recognize some key differences in how the costs are packaged.

In Canada, the costs of the product and of the adviser's time and support are all included together in the "management expense ratio," which investors can find on their quarterly statements. In the U.S., many investors pay a separate fee to their advisers, and this fee-for-advice is not included in the so-called "total expense ratio" shown on their quarterly statements. Therefore, if you compare the cost on the quarterly statements from both countries, the Canadian number will always look higher because the U.S. number doesn't include all of the costs.

Are fees higher when they are charged separately?

The research found that many U.S. investors who

Category	RETURN			Fund Assets
	YTD	3YR	5YR	
Growth	5.73%	10.67%	20.13%	\$57.7m
Value	-6.23	5.31	16.54	415.9
Bond	0.20	5.62	16.15	126.2
Growth	-3.41	7.23	16.78	216.9
Value	-10.09	5.60	14.13	221.9
Value	-19.18	1.56	14.11	1,021.2
Value	-14.89	3.21	14.06	607.1
Value	-6.77	6.69	13.62	725.7
Value	-0.81	5.28	13.47	96.0
Value	-2.97	5.80	13.08	274.0
Value	3.82	6.79	12.43	272.2
Value	-5.14	6.28	12.10	179.6
Value	-6.92	7.13	na	69.4
Value	0.07	5.25	na	287.9

A study shows mutual fund costs in Canada and U.S. are about the same. ISTOCK IMAGES

pay for advice separately are paying more than they used to pay when the fees were included in the total charges. First-time investors and

small-to-medium investors are likely to pay much more for advice when it is charged separately, rather than as part of the product package.

The existing Canadian model serves investors well because they can easily identify their total costs and compare costs across funds.

Do separate fees mean more — or less — advice?

Unbundling of fees may lead to what experts call a "ser-

ious advice gap." A survey of more than 2,000 adults in Britain found that charging separately for advice was prompting many people to stop seeking advice.

As a result, many advisers in Britain are focusing on serving wealthier clients. Some experts predict that up to 5.5 million investors — 11 per cent of the population — will not have access to advice as a result.

Why is financial advice important?

Credible research shows that having an adviser causes people to be more disciplined about their savings. This produces much better financial results for the investor. The difference can be as much as 2.5 times more wealth for people with advisers, compared to people who do not receive investing advice.

Without the discipline to save that is reinforced by having an adviser, people will save less, and they may not have enough for retirement, leaving them dependent on government programs. Average and small investors will be affected the most. **NEWS CANADA**

CFL

Ticats trade for Diedrick from Als

The Hamilton Tiger-Cats have acquired Canadian fullback Dahrrian Diedrick from the Montreal Alouettes.

The Als get a fourth-round selection in the 2014 CFL draft.

Diedrick is in his ninth CFL season, playing one year with the Edmonton Eskimos before spending seven with Montreal where he rushed for 853 yards on 169 carries in 110 games.

THE CANADIAN PRESS

Wimbledon

Serena's winning streak smashed

Serena Williams joined a growing list of marquee names eliminated early at Wimbledon. The defending champion and five-time Wimbledon winner failed to close out a see-saw third set Monday, dropping the last four games to Sabine Lisicki and losing 6-2, 1-6, 6-4 in the fourth round. The result ended Williams' career-best 34-match winning streak.

THE ASSOCIATED PRESS

Hockey

NHL edges toward Sochi deal

NHL players are just a slapshot away from returning to the Olympics next year.

While a deal wasn't reached between the NHL, the union and the International Ice Hockey Federation to send players to Sochi, a long meeting Monday pushed the sides much closer to an agreement. THE ASSOCIATED PRESS

Blue Jays red hot vs. Tigers on Canada Day

MLB. Scoring comes from an unlikely source as Dickey continues to knuckle down on batters

Mark DeRosa is the first to admit he isn't exactly an intimidating batter.

DeRosa, a 38-year-old bench player the Blue Jays added this season for depth, has been dealing with a sore neck and a slump at the plate in which he hadn't had a hit since June 18 against Colorado.

So when an injury forced first baseman Adam Lind out of the roster, DeRosa found himself filling in Monday. Even more unexpected was his No. 4 spot in the batting order.

But no one was more surprised than the Detroit Tigers when DeRosa launched a three-run homer — an exclamation point in Toronto's 8-3 victory against the American League champions.

"I've always been a guy who likes to work the ball the other way and it's been frustrating over the last couple weeks," said DeRosa. "You know, flying open, striking out and grounding out to short. Doing things that I pride myself on being a quality at-bat. Definitely hitting fourth was not on the agenda coming into the season."

DeRosa joked he told star Jose Bautista, who was hitting third in the lineup after slugger Edwin Encarnacion was pulled just before the game



Jose Reyes celebrates with Jose Bautista after hitting a solo home run in the third inning of the Blue Jays' game against the Detroit Tigers on Monday in Toronto. The Jays won 8-3. TOM SZCZERBOWSKI/GETTY IMAGES

On Monday

8

Blue Jays

3

Tigers

with left-hamstring soreness, to take off his shin guard at the plate and expect to be walked.

It ended up being no joke at all. The Tigers walked Bautista twice, and DeRosa made them pay in the fourth inning with his fifth homer of the season.

"Obviously you can't replace Eddie, you can't replace the way Lind swung the bat. I'm aware of that," said DeRosa. "But there's guys here that are capable of doing

things they have to to help us win."

DeRosa had plenty of help during a festive Canada Day game at Rogers Centre.

Shortstop Jose Reyes, who made his first appearance at home since April before he was put on the disabled list with a severely sprained left ankle, hit his second home run in two games.

Blue Jays knuckleballer R.A. Dickey (8-8), following up on his best outing of the season last week, was again solid against Detroit's intimidating batting order. He allowed two earned runs on six hits with four strikeouts through seven innings. THE CANADIAN PRESS

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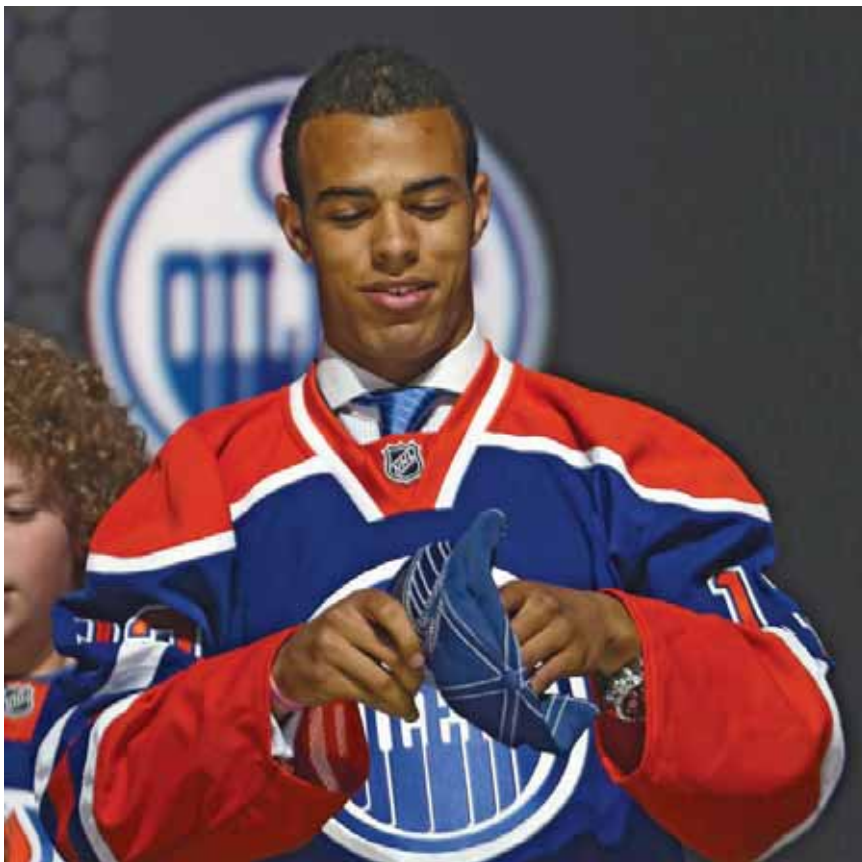
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The Oilers selected defenceman Darnell Nurse with the seventh overall pick in the NHL draft on Sunday in Newark, N.J.
BRUCE BENNETT/GETTY IMAGES

Hello, Nurse! 7th overall pick brings toughness to Oilers

NHL draft. Blue-liner will 'have an incredible impact on our team,' MacTavish says

The Edmonton Oilers have lots of young guns. Now they have someone to ride shotgun over that young talent.

The Oilers opted for size and attitude in taking Sault Ste. Marie defenceman Darnell Nurse seventh overall in Sunday's NHL draft.

"I really believe that this guy's going to have an incredible impact on our team," GM Craig MacTavish said.

MacTavish emerged content with what Nurse gives a young, talented squad that features first-rounders Ryan Nugent-Hopkins, Taylor Hall, Nail Yakupov and Jordan Eberle.

"He really gives us an element that I feel we're sorely lacking," MacTavish said. "He's a guy that over time — we'll be patient with him — is going to provide us with the toughness. And he's the guy that will ride shotgun for a lot of our first overall picks, our skilled players, for a lot of years."

The son of former CFL wide receiver Richard Nurse and nephew of former NFL quarterback Donovan McNabb, Nurse is six-foot-three and working hard to push his weight over 200 pounds. The 18-year-old from Hamilton is a prickly player who refuses to back down.

"I think I have a little bit of jam in my game," he said. "I've always had it. Like I said, it's better to give than receive. It creates a lot more room for yourself in the corners. Obviously with that said I'm going to get challenged based on the

Also drafted by the Oilers:

2nd round. Marc-Olivier Roy, C, Blainville-Boisbriand (QMJHL). **3rd round.** Bogdan Yakimov, C, Nizhnekamsk (Russia); Anton Slepyshev, LW, Novokuznetsk (Russia). **4th round.** Jackson Houck, RW, Vancouver (WHL); Kyle Platzer, C, London (OHL); Aidan Muir, LW, Victory Honda (Michigan Midget). **5th round.** Evan Campbell, LW, Langley (BCHL). **6th round.** Ben Betker, D, Everett (WHL). **7th round.** Gregory Chase, RW/C, Calgary (WHL).

way I play, but I've never been scared to step up."

Nurse had 12 goals and 29 assists for the OHL's Greyhounds. He also had six fights. **THE CANADIAN PRESS**

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- Familiar with the City of Calgary
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

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metro

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	50	34	.595	—
Baltimore	47	36	.566	2½
Tampa Bay	44	39	.530	5½
New York	43	39	.524	6
Toronto	41	41	.500	8

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	44	38	.537	—
Detroit	43	38	.531	½
Kansas City	38	41	.481	4½
Minnesota	36	43	.456	6½
Chicago	32	47	.405	10½

WEST DIVISION

	W	L	Pct	GB
Texas	48	34	.585	—
Oakland	48	35	.578	½
Los Angeles	39	43	.476	9
Seattle	35	47	.427	13
Houston	30	53	.361	18½

Monday's results

Toronto 8 Detroit 3
Tampa Bay 12 Houston 0
N.Y. Yankees 10 Minnesota 4

Sunday's results

Boston 5 Toronto 4
Tampa Bay 3 Detroit 1
Baltimore 4 N.Y. Yankees 2
L.A. Angels 3 Houston 1
Texas 3 Cincinnati 2
Oakland 7 St. Louis 5
Chicago Cubs 7 Seattle 6
Kansas City 9 Minnesota 8
Cleveland 4 Chicago White Sox 0

Tuesday's games

All times Eastern
Detroit at Toronto, 7:07 p.m.
San Diego at Boston, 7:10 p.m.
Seattle at Texas, 8:05 p.m.
Baltimore at Chicago White Sox, 8:10 p.m.
N.Y. Yankees at Minnesota, 8:10 p.m.
Tampa Bay at Houston, 8:10 p.m.
Cleveland at Kansas City, 8:10 p.m.
Chicago Cubs at Oakland, 10:05 p.m.
St. Louis at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	48	34	.585	—
Washington	42	40	.512	6
Philadelphia	39	44	.470	9½
New York	33	45	.423	13
Miami	30	51	.370	17½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	51	30	.630	—
St. Louis	49	32	.605	2
Cincinnati	47	36	.566	5
Chicago	35	45	.438	15½
Milwaukee	32	49	.395	19

WEST DIVISION

	W	L	Pct	GB
Arizona	42	39	.519	—
Colorado	41	42	.494	2
San Diego	40	43	.482	3
San Francisco	39	43	.476	3½
Los Angeles	38	43	.469	4

Monday's results

Miami 4 San Diego 0
Cincinnati 8 San Francisco 1 (6 inn.)
Washington 10 Milwaukee 5
Arizona at N.Y. Mets

Sunday's results

San Francisco 5 Colorado 2
Miami 6 San Diego 2
Atlanta 6 Arizona 2
Washington 13 N.Y. Mets 2
Pittsburgh 2 Milwaukee 1 (14 inn.)
L.A. Dodgers 6 Philadelphia 1

Tuesday's games

All times Eastern
Milwaukee at Washington, 7:05 p.m.
Philadelphia at Pittsburgh, 7:05 p.m.
San Francisco at Cincinnati, 7:10 p.m.
Arizona at N.Y. Mets, 7:10 p.m.
Miami at Atlanta, 7:10 p.m.
L.A. Dodgers at Colorado, 8:40 p.m.
Wednesday's games
Milwaukee at Washington, 6:05 p.m.
Philadelphia at Pittsburgh, 7:05 p.m.
San Francisco at Cincinnati, 7:10 p.m.
Arizona at N.Y. Mets, 7:10 p.m.
Miami at Atlanta, 7:10 p.m.
L.A. Dodgers at Colorado, 8:10 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Montreal	1	1	0	0	38	33	2
Toronto	1	1	0	0	39	34	2
Hamilton	1	0	1	0	34	39	0
Winnipeg	1	0	1	0	33	38	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	1	1	0	0	39	18	2
Calgary	1	1	0	0	44	32	2
B.C.	1	0	1	0	32	44	0
Edmonton	1	0	1	0	18	39	0

Thursday's games

All times Eastern

Winnipeg at Montreal, 7 p.m.

Toronto at B.C., 10 p.m.

Friday's game

Calgary at Saskatchewan, 9 p.m.

Sunday's game

Edmonton at Hamilton, 5 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	9	4	2	27	21	29
New York	8	6	4	25	22	28
Philadelphia	7	5	5	27	26	26
Kansas City	7	5	5	23	17	26
Houston	6	6	5	19	18	23
New England	5	5	6	19	14	21
Columbus	5	7	5	21	21	20
Chicago	5	7	3	15	21	18
Toronto	2	8	6	14	21	12
D.C.	2	12	3	8	27	9

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Salt Lake	10	5	3	27	16	33
Dallas	8	3	6	27	22	30
Portland	7	1	9	28	16	30
Vancouver	7	5	4	26	24	25
Los Angeles	7	7	3	25	21	24
Colorado	6	7	5	21	22	23
Seattle	6	5	3	19	17	21
San Jose	5	7	6	18	27	21
Chivas USA	3	10	3	15	31	12

Sunday's results

New York 2 Houston 0

Wednesday's games — All times Eastern

Montreal at Toronto, 7 p.m.
San Jose at Chicago, 8:30 p.m.
Vancouver at Kansas City, 9 p.m.
Philadelphia at Salt Lake, 10 p.m.
D.C. at Seattle, 10 p.m.
Thursday's games
Chivas USA at Dallas, 9 p.m.
New York at Colorado, 9:30 p.m.
Columbus at Los Angeles, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

Some things come easy to you but other things you will never master. With that in mind, don't be afraid to give up on something today if it doesn't feel right. It's no big deal.

Taurus

April 21 - May 21

You may not want to apologize about something but if refusing to do so puts a friendship at risk, it may be smart to swallow your pride and let them know you are sorry – even if you're not.

Gemini

May 22 - June 21

With the Sun opposing Pluto today, there is a lot of pressure on you. But it is essential that you don't let others see you are stressed. Act tough even if you don't feel in the least bit on top of things.

Cancer

June 22 - July 23

Everyone makes mistakes and in the greater scheme of things, your recent errors are minor, so stop worrying about them. Do something new today and make all the mistakes you like.

Leo

July 24 - Aug. 23

Not only is the Sun moving through the most sensitive area of your chart but it opposes Pluto today, so it may feel as if all your power has been drained. Take it easy.

Virgo

Aug. 24 - Sept. 23

Someone may not be showing you the respect you deserve but don't let it get to you. It is not what they do or say that matters but how you choose to react to it. Treat them with the contempt they deserve.

Libra

Sept. 24 - Oct. 23

You know what needs to be done, so why don't you get on and do it? Maybe it's because you sense you won't get any help at all. Relax, you don't have to do it all today.

Scorpio

Oct. 24 - Nov. 22

You may not get the support you need today. There is no point getting annoyed about it because the planets indicate your friends can't help even themselves at the moment, never mind help you.

Sagittarius

Nov. 23 - Dec. 21

You rarely avoid a fight but the planets warn you would be wise to back off in the face of someone's belligerence today. Let them have their say and act a fool. It's no loss for you.

Capricorn

Dec. 22 - Jan. 20

Pluto in your sign is opposed by the Sun today, which means you must be careful how you use your authority. Just because you have the power to make something happen does not mean you have to.

Aquarius

Jan. 21 - Feb. 19

If you have to choose between competing offers today, go for the one that makes fewer demands on your time and energy. At work especially, try to avoid anything that requires you to exert yourself.

Pisces

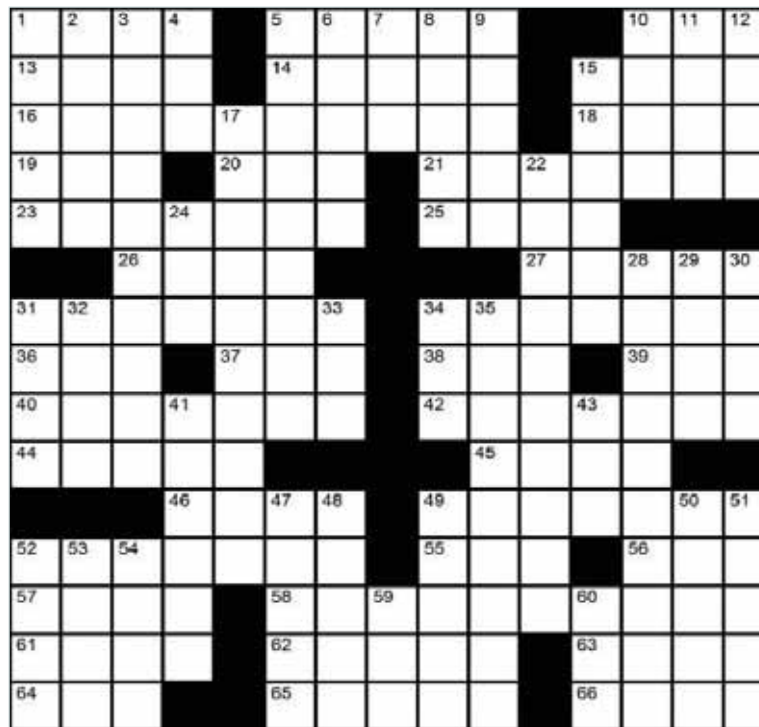
Feb. 20 - March 20

A project will come in for criticism today and you should listen and learn. However, having done so you must then make a decision and act on it. The last word must always be your own. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Jennifer or Cynthia (Canadian actresses/sisters)
5. Mr. Kinnear's
10. Loud sound!
13. "Last one ___ a rotten egg!"
14. Convey
15. Musical finale
16. Country's Lady ___
18. Comb's comb-ee
19. Pecan
20. Papua New Guinea seaport
21. Shannen of "Beverly Hills, 90210"
23. Kid in "E.T.: The Extra-Terrestrial" (1982)
25. Singular of 'Inuit'
26. Goth/rock fans
27. Namesakes of Civil Rights activist Ms. Parks
31. Hindered
34. Toronto's Ed ___ Theatre
36. King, in Portugal
37. Actor, Daniel ___ Kim
38. "Either he goes ___ go!"
39. Comedy's Mr. Howard
40. "___ X" (1992)
42. Physicians
44. Edgar ___ Poe
45. Type of flatbread
46. Investment portfolio item
49. "Friends" character's namesakes
52. Canadian



- Snowbird Association member, perhaps
55. Men's deodorant brand
56. Coin of Vietnam
57. Desktop symbol
58. Suburbs area of Montreal: 2 wds.
61. Electrical resistance units

62. Made level
63. 50 Cent hit: "___ Club"
64. Lake temperature tester
65. Have a hunch
66. Broadway musical, Rock of ___

Down

1. Journalist Ms. Sawyer
2. Void
3. Alanis Morissette's is 'Jagged': 2 wds.
4. 'Legal' suffix (Lawyer-speak)
5. Instrument of government, The ___

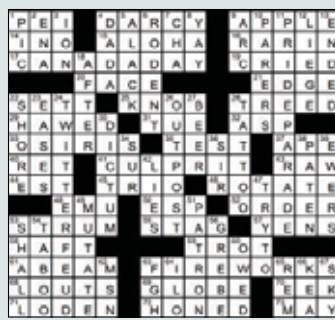
6. Get a new tenant
7. Ms. DeGeneres, to pals
8. Spanish architect, Antoni ___
9. Chef on ABC's "The Chew", Michael ___
10. 'Wild' animal
11. Mine entrance

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

12. SYTYCD judge Ms. Murphy
15. "Star Trek" role
17. O Rh Negative giver: 2 wds.
22. Severe storm systems
24. "___ Mine" by The Beatles
28. Montreal designer who is a Member of the Order of Canada: 2 wds.
29. Ancient stringed instrument
30. He's opposite
31. "___ la Douce" (1963)
32. Breakfast
33. Bill Clinton, e.g.
34. 1960s hipster
35. It gives PEI's soil its reddish colour: 2 wds.
41. Pioneer houses
43. Mai ___ (Cocktail)
47. Mr. Gingrich's
48. John ___ (Tractor company)
49. Pals
50. ___ (Spelled-out cable network)
51. Carbonated beverages
52. Donnybrook
53. Ontario's Bon ___ Provincial Park
54. Voluminous book
59. Earth's lightbulb
60. Irish coronation stone, ___ Fail

Friday's Crossword

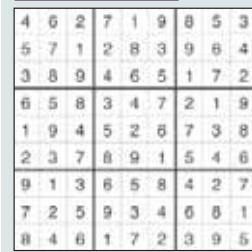


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

MAX: 32°
MIN: 20°

WEDNESDAY

MAX: 26°
MIN: 17°

THURSDAY

MAX: 29°
MIN: 19°



MICHELE MCDOUGALL WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 5:30 AM



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